

# Interest-free loans reduce college costs

With rising college costs, interest-free loans can be a blessing for a parent with children in college. The Navy-Marine Corps Relief Society is offering a \$3,000 interest-free loan to the children of active-duty service members.

"Anyway to help further education is great," said Vicki J. Wilson, office manager of the Navy-Marine Corps Relief Society. "It's a great opportunity for service members and their children."

The Vice Adm. E. P. Travers Scholarship and Loan Program provides financial assistance for full-time undergraduate students and is based on a financial need. To be

eligible for the loan the applicant must be the child of active-duty Navy or Marine Corps personnel, possess a military identification card, be enrolled or accepted for enrollment as a full-time student in a post-secondary institution approved by the U.S. Department of Education. The applicant must have or maintain a cumulative grade point average of 2.0 on a 4.0 scale.

A loan from the Travers Program is for one academic year, and must be renewed every year, according to [www.nmcra.org](http://www.nmcra.org). For more information contact NCMRS at 451-5346 or [education@hq.nmcra.org](mailto:education@hq.nmcra.org).

## Building Trust from page 3

States."

While dealing with the herders, the same questions she is asked by farmers she meets in the United States are asked by local herders here. One main question asked is how to keep their animals healthy in the wintertime.

"It almost brings me back home when I hear a lot of the questions," said Peterson-Colwell.

After four days of beginning friendships and meeting new people, the 412<sup>th</sup> Civil Affairs Battalion sat down to reflect on the previous events. Although not as many people were treated compared to previous civic action programs, the battalion's belief is their focus must be about quality of care, not quantity.

Sitting down to chat and drink tea with local village leaders, although it may seem quite insignificant to the average American, can make a world of difference here, team members said. When it comes to fighting the war on terrorism, it seems to be these little relationship-building gestures may be what the world needs to help make it a safer place for everyone.

A key to overcoming the possible misconceptions about Americans is showing interest in them personally and their culture, said Master Sgt. Robert L. Young, a Cedarville, Ohio, native and medical operations noncommissioned officer for the battalion. Being personal can be something as little as asking them how their family is doing.

"We want to leave a foot print in the village, not a boot print," said Army Col. John S. Allerding, preventive medicine officer for the battalion.

## Health Tip

# Tips to running more efficiently

By Navy Lt. Cmdr. Jeffery Johnson

In a scene from *Back to the Future*, Marty McFly goes back in time to the wild west and ends up in a bar. Several cowboys ask him about the shoes he's wearing. He explains "they are jogging shoes for when I go running." To which, a cowboy replies, "Running, what in the hell kind of fun is that?"

This sentiment for running is shared by many service members. However, running is one of the primary means to increase cardiovascular stamina and get troops into shape. Thus, if you're in the military, you will end up on a running trail at some point, even if it is only to complete your Physical Readiness/Fitness Test (PRT/PFT).

Even though running may not be your favorite sport or hobby, there are ways to maximize your performance. Everyone knows that the thin, longlegged body type is ideal for long distance running. However, most of us do not have this body type, so we must do our best with what nature gave us. Here are a few tips to help optimize your running skills.

### 1. Relax the upper body when running.

The legs should do the majority of the work. Think of yourself as a racehorse; your lower body is the horse and the upper body is the jockey. During a race, the horse does the work and the jockey directs which way to go. Only during the final sprint does the jockey (arms) become involved.

### 2. Arm placement should be at mid-waist level.

They should move backward and forward vice across the body. This allows for you to maintain a forward motion vice side-to-side.

### 3. The hands should be relaxed and not clenched.

This ties in with principle one. Imagine yourself carrying an egg in each hand while you run, then try not to break them.

### 4. Running tall.

Often when running, as an individual begins to get tired, they start to hunch over. This does two things; first, your stride becomes shorter which automatically slows you down, and second, your shoulders slouch down and your diaphragm, which assists with breathing, is unable to expand as intended. So you become slower and shorter of breath than if you remained upright.

### 5. Breathing.

I'm not aware of any special technique. My philosophy is get as much air in as possible any way you can. However,

a few tips include: As with anything, these skills do not come naturally but must be learned and practiced. Also, running is as much mental as it is physical. If you concentrate on running smarter it will allow you to perform better physically. Anyone wanting an evaluation of their running form, tips on how to run faster or setting up a personal running program contact me at Medical.

### 6. Stretching.

It is vital to staying injury free. The benefits of stretching most often come after a run. If you stretch prior to running, when your muscles are cold, they do not stretch as well and can increase the potential to pull or tear something. Thus the best time to stretch is after an easy 3-5 minutes warm-up run or post running.

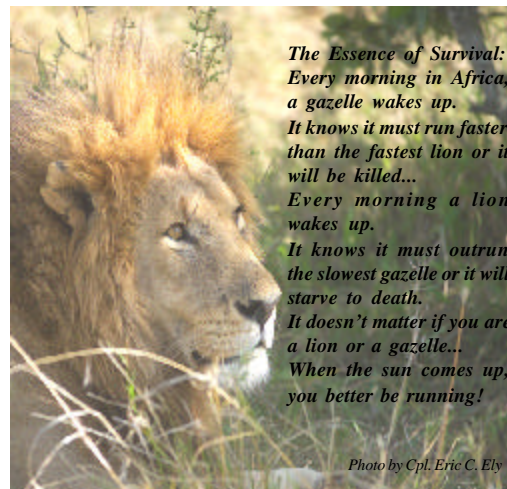
### 7. Never drastically increase your mileage.

Your run distance should not be increased more than three to five miles a week to help prevent injuries such as stress fractures, shin splints and other injuries.

### 8. Eyewear.

Wearing a comfortable pair of **sun glasses** helps to keep your face and neck more relaxed in sunny weather.

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*The Essence of Survival:  
Every morning in Africa,  
a gazelle wakes up.  
It knows it must run faster  
than the fastest lion or it  
will be killed...  
Every morning a lion  
wakes up.  
It knows it must outrun  
the slowest gazelle or it will  
starve to death.  
It doesn't matter if you are  
a lion or a gazelle...  
When the sun comes up,  
you better be running!*

Photo by Cpl. Eric C. Ely

## Corpsman from page 2

The father most likely would have died and the mother soon after if the Marines did not stop, but the children would have been the real victims because they wouldn't have parents, so God smiled on them because they will live another day, McCoy-Flowers said.

Though the accident was tragic, Fuller hopes it will bring to light something the Marine Corps continues to stress at all levels of leadership.

"For all the Marines who were with us, they got to actually see and understand what can happen when you're driving too fast," Fuller said. "Driving way too fast and not wearing your seat belt. That's what happens."